

How can a Java program be simulated to simulate a race between a tortoise and a rabbit over a distance of 200 yards, where the tortoise covers 10 yards in two seconds and the rabbit covers 10 yards in one second? Additionally, the rabbit took a break during the race, and the tortoise continued to run and ultimately won the race.

The program should also print the running status of the tortoise and rabbit at one-second intervals.

The program should have Tortoise class, Rabbit class and a Test class.